

2025 February Avera vLEAD - - Resilient Leadership and Supporting Your Team

05/15/2025 to 05/15/2028

Enduring Material

Purpose:

In this recorded WebEx session, leaders explore the common barriers to maintaining resiliency and learn strategies to foster a culture of well-being within their teams. Marla will explore the significant role our mindset and emotions play in influencing our well-being as well as the well-being of those we serve. Additionally, the session provides practical, proactive strategies for self-regulation and supporting ourselves and our teams during stressful times. Attendees will be equipped with tools to enhance resilience and promote a healthier, more supportive work environment. This discussion supports skilled behaviors in Avera Leadership Competencies Demonstrates Self-Awareness and Builds Effective Teams.

Objectives:

- 1 Understand the barriers to maintaining resiliency and discuss how to promote a culture of well-being.
- 2 Recognize the impact of our mindset and how our emotions influence our well-being and those we serve.
- 3 Develop proactive strategies to self-regulate and support ourselves and teams during stressful times.

Target Audience:

Nurse - RN, Nursing Facility Administrator, Social Worker, Counselor / Therapist, Executive Leader, Director, Manager, Nurse -LPN/LVN

For successful completion:

- Watch video
- Complete pre & post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)

Medicine CME: Avera designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurse CE: Avera designates this activity for a maximum of 0.75 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

SD State Board of SW: Avera Health Provider #1029 is an approved provider of continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 0.75 continuing education clock hour(s) for participating in this course.

Counselors, Marriage and Family Therapy (SD Board of Examiners): Avera is a recognized provider of continuing education, for all counseling related content, for the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. Social Workers will receive 0.75 continuing education clock hour(s) for participating in this course.

Nursing Facility Administrator: Avera is an approved provider of continuing education for South Dakota through the South Dakota Board of Nursing Facility Administrators. This educational activity is approved for 0.75hour(s) for nursing facility administrators.

REMINDER

Attendance can be texted up to 24 hours after the activity



Additional Information:

Feedback person for this educational activity is: ROBYN.EWALT@avera.org

Enduring Material available from 05/15/2025 to 05/15/2028

- This course content was reviewed on 05/09/2025

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Vonda Reed, A.S. Accounting	Committee Planning Member	Non-Clinical Exception
Debbie Kooiker, BA, Consultant	Content Expert - Committee Member	Non-Clinical Exception
Marla Dziedzic, MBA	Faculty	Non-Clinical Exception
Tracy Olson, MS, SPHR, SHRM-SCP	Committee Planning Member	Non-Clinical Exception
TANYA DIETRICH, BA RT(R)(M)	Committee Planning Member	Non-Clinical Exception
Dawn Ingalls, SPHR, SHRM-SCP, Human Resouces	Committee Planning Member	Non-Clinical Exception
ROBYN EWALT, BA, Talent Development Consultant	Faculty, Lead Planner	Non-Clinical Exception
Kelly Boyd, MSN, Nurse	Committee Planning Member	Non-Clinical Exception
Jason Pettigrew, EdD	Committee Planning Member	Non-Clinical Exception

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